

Wheels and Heels – March 2006

Email news from MoDOT Bicycle/Pedestrian Coordinator Caryn Giarratano

Greetings Windbenders,

The progress we are making continues and seems to be gathering momentum. We are pleased about the friendlier BP policy included in MoDOT's Practical Design, the Kansas City Major River Crossing Task Force and federal legislation (SAFETEA-LU) regarding Safe Routes to School and the Nonmotorized Pilot Project.

SAFETEA-LU has included two new programs, the Safe Routes to School and the Nonmotorized Pilot Project. MoDOT has hired Todd Messenger to serve as the state SRTS coordinator. Columbia was chosen as one of the four locations for the pilot project. Mayor Hindman and Ian Thomas with PedNet are leading the charge with your friendly BPC (me!) serving as the MoDOT liaison to the pilot project.

We are certainly implementing *Missouri's Trailmap for Nonmotorized Transportation*, a strategic plan to help make Missouri a world-class state in which to bike and walk and promote a higher quality of life for all Missourians through safe and accessible nonmotorized transportation. See ...

http://www.modot.mo.gov/othertransportation/bike_ped/documents/Trailmap_013006.doc.

Now that the entire length of Historic Route 66 has been designated as a Scenic Byway, we have eight in Missouri. The possibilities of including bicycle and pedestrian accommodations along this corridor are exciting. The ribbon-cutting celebration will be May 5 at 11 a.m. in Springfield at the southeast corner of Glenstone and Kearney. See ...

http://www.modot.mo.gov/business/Outdoor_Advertising/ScenicByways.htm and <http://www.bywaysonline.org/>.

The new Show-Me Santa Fe Trail Byway ribbon cutting will be April 23 at 2 p.m. in Waverly at the junction of Highway 24 and Old Highway 65.

The state bicycle maps have new alignments for the TransAmerica Trail and part of the Mississippi River Trail. I'll be collecting comments soon to identify the best way to bike across the southern part of the state. See ... http://www.modot.mo.gov/othertransportation/bike_ped/Bike-PedProgram--RoadandRouteInfo.htm. To learn more about the MRT see ... <http://www.mississippirivertrail.org/mrt-mission-goals.php>.

Columbia COLT Trail - The Columbia to Centralia Trail (COLT) received a boost when Mayors Darwin Hindman and Jerry Parmeley announced plans for a public forum to discuss the project. Columbia recently opened 700 feet of the trail alongside the COLT railroad between Rogers and Fay Streets. See ... <http://columbiamissourian.com/news/story.php?ID=18712>.

Bicycle and Pedestrian Advisory Committee Reports:

GOVERNMENTAL RELATIONS (Jay Wunderlich) –

On July 12, 2005, **SB 372** was signed by the Governor to go into effect August 28, 2005. SB 372, sponsored by Sen. Kevin Engler (R-Farmington), provides for various measures relating to bicycle safety and the duties owed to bicyclists by motorists. Some of the provisions in the bill include the following.

- **DESIGNATED BICYCLE LANES** - This act prohibits blocking or obstructing a designated bicycle lane with a parked or standing motor vehicle or other stationary object. The act establishes standards

for motorists crossing bicycle lanes. The act defines a designated bicycle lane as a portion of the roadway or highway, which has been designated by the governing body having jurisdiction over the roadway by striping, signing and pavement markings for the preferential or exclusive use of bicycles (Section 300.330).

- **AVOIDING COLLISION WITH A BICYCLIST OR PEDESTRIAN** - Under this act, when passing a bicyclist, a motorist is required to leave a safe distance between the motor vehicle and the bicycle (Section 300.411 and Section 304.678).
- **DEFINITION OF BICYCLE** - This act modifies the definition of bicycle to include vehicles propelled by human power having two parallel wheels and one forward or rear wheel, all of which are more than 14 inches in diameter (Section 307.180).
- **RIDING ON SHOULDERS** - This act provides that bicycles operating at less than the posted speed limit or slower than the flow of traffic may be operated on the shoulder adjacent to the roadway (Section 307.191).
- **BIKE HAND SIGNALS** - This act provides that a bike rider shall signal in the same manner as other vehicles except that the rider does not have to continuously signal by hand and arm if the hand is needed for the control or operation of the bicycle (section 307.192).

There is currently a resolution being drafted by Rep. Sutherland encouraging safe routes to school. As of March 10, 2006, a final draft had not been filed.

On February 28, 2006, **HB 1899** was read a second time. The bill, sponsored by Rep. Bill Deeken (R-Jefferson City), defines "designated bicycle lane" and allows bicycles to be operated in the opposite direction as vehicles when there is only one designated bicycle lane. The bill was referred to the House Transportation Committee on March 7, 2006, where it awaits a committee hearing.

District 1 – Three projects in the Northwest District were recently awarded with enhancement grant funding. The city of St. Joseph plans to add another section to their hike/bike trail network. When this section is completed, it will connect two previously built sections and provide a 9.2-mile north/south corridor through the city. Construction is anticipated to begin in 2008 or 2009.

The city of Savannah received enhancement funding to begin a sidewalk replacement program. This program will replace the worst sections of sidewalks and help to promote a more walkable community for the city. MoDOT will be constructing sidewalks on an urban widening and upgrading of US Route 136 through Bethany. This portion of roadway currently does not have sidewalks. Recently, businesses, restaurants and hotels have developed in this area prompting a need to promote pedestrian traffic. This project will be completed in the fall of 2006.

District 6 – Nearly \$10 million in federal enhancement funds will be available to the St. Louis region this year, and many of the applications submitted this year could include significant bike-ped components in their project scopes. Applications were due in late March and funding will be awarded in July.

Although many local federal-aid projects provide sidewalks, ADA ramps, etc., I am only sending you reports where bike-ped improvements are a major part of the project's scope.

Completed

- The new Lemay Ferry Bridge over the Meramec River provides pedestrian accommodations.
- Bike St. Louis - Signs and stripings were installed on MO Route 100 from Truman Parkway to Broadway and other city streets for bicyclists. (Great Rivers Greenway is the project sponsor.)
- Share the Road signs extended from Route A and Route 21 to Jefferson College.

- The crossings for the North Riverfront Trail connection to the Old Chain of Rocks Bridge was completed including two pedestrian/bicycle signals, with signs, and striping on Route H. (The city is the project sponsor.)
- North County Bikeway includes a shared-use path from the University of Missouri-St. Louis (UMSL) to downtown Ferguson and on-road component from the trail to St. Louis Community College at Florissant Valley and beyond to Redman Road at Route 367.

Construction Phase

- Wildwood Greenway-Phase 3 – Pedestrian/bicycle path along Eatherton Road.
- Olive Boulevard Sidewalk and Median Enhancements - Cross Creek Drive to Mason Road. New sidewalks, ped signals, crosswalks, striped bicycle lanes, bike-safe grates, remove turn lane and replace with landscaped medians and irrigation system, tree and shrub plantings.
- Olive Streetscape, Phase 2. University City. Plantings, pedestrian facilities, signals. Will be completed this spring. Olive Blvd. from Wellston to Olivette.
- Metro Link Access, University of Missouri-St. Louis. Pedestrian facilities, plantings, removing utility poles. Will be completed this spring. (Natural Bridge Road in front of UMSL.)
- St. Louis County Highways installing sidewalks throughout the county where gaps exist in the system. This project involves four sites in North County, two sites in South County and one site in West County. Will be completed this summer.
- Manchester Road Sidewalks, city of Ballwin. Installing sidewalks and ADA ramps along Manchester in Ballwin. This project is substantially complete. (Manchester Road in Ballwin, from Winchester to Ellisville)
- MO Route 367 has bike paths along outer roads (on shoulders) and improved pedestrian access across Route 367.

Design Phase

- Delmar Median and Streetscape Project - This enhancement project includes reconstruction of sidewalks along this stretch of Delmar from Union to Kingshighway, which is located between the Delmar Loop area and the Central West End. Project is currently in the early design phase.
- Seventh Street Enhancement Project - This project will provide sidewalk improvements, street lighting, intersection improvements to accommodate pedestrians and other enhancements to this stretch between the new Busch Stadium and the historic Soulard area. Project is currently in the early design phase.
- Soulard Bike Path Extension – Federal funds were earmarked for this project, which will provide bike route improvements such as Share the Road signs, striping, bike racks and benches. Project's limits are roughly from the Laclede Power building on the Mississippi Riverfront to the Anheuser-Busch headquarters in south St. Louis City. Project is currently in the early design phase.
- Great Rivers Greenway – Working on a trail agreement for trails under bridges North 67, I-70, etc.
- MoDOT is currently designing the replacement of Gravois Bridge over Gravois Creek (in front of Grant's Farm and adjacent to Grant's Trail). The new bridge will accommodate pedestrians/bicyclists; therefore allowing a safe connection from Grant's Trail to the west along Route 30.
- Page Avenue Bicycle Trail – Great Rivers Greenway sponsor. Construction of bike/ped trail along the Page Avenue right of way from the existing Katy Trail parking lot to Heritage Crossing and Old Highway 94. Includes Share the Road signing, pedestrian bridge over Page Avenue and new Highway 94. Project is currently in the early phases of design.
- Jung's Station Phase 2, Upper Bottom Road to Greens Bottom Road – Add turn lane, shoulders, curb and gutters, sidewalks. Missouri Department of Natural Resources signed off on two Katy Trail crossings on this large, three-phase project. At least one crossing is near off-street parking for users of the Katy Trail. Another phase of this same overall project is STP-5414(601) (mostly along Greens

Bottom Road.) The third phase is up for selection on this year's TIP application process. Has not yet been approved or had a project number assigned.

Programming Phase

- Festus Bikeway System – Linear bikeway system from Sunset Park at City Hall to West City Park. Right of way was certified clear on Dec. 20, 2005. City has authority to advertise for bids.
- Olivette Bikeway Phase 2 – New bike/ped trail on abandoned railroad line between Price Road and Rothwell Heights Place. The project scope was recently reduced to eliminate the need for a proposed bridge to replace a failing railroad bridge within the original alignment. Preliminary plans approved Oct. 2004. No PSE submittal yet.
- Great Rivers Greenway - River Des Peres Bikeway (Along River Des Peres, parallel to Germania from I-55 to Morganford) Discretionary Program project (earmarked funds). The scope of work includes asphalt bike trail, seating, lighting, pedestrian signals, signing, landscape plantings.
- Great Rivers Greenway (Bike St. Louis - Phase 2 North City, South City, Maplewood, Clayton). This will triple the miles of urban core bike routes. This project is all on streets with lane markings and signing.
- There are two sections of the Katy Trail that are inactive and essentially in limbo due to legal issues. (Machens)

District 7 - The amount for Enhancement Funds for Southwest District this round is \$2.21 million. No project will be able to exceed \$300,000. All of last year's approved projects incorporated bicycle/pedestrian components.

- The city of Diamond project included 2,300 linear feet of sidewalks along South Main Street.
- The Newton County project calls for the removal of an existing feed mill with new sidewalks being part of the overall development plan.
- As a part of the city of Butler downtown improvement projects, pedestrian crossing with bump-outs and extensive sidewalk improvements will be constructed or improved.
- The city of Aurora projects incorporates 861 feet of curbing and sidewalks replacing existing non-conforming facilities.

Additional bicycle/pedestrian friendly projects for District 7 included adding sidewalks along Business Route 71 (Range Line Road) in Joplin from 7th to 15th Streets. In September 2006, additional sidewalks are scheduled to be installed along this route from 20th to 24th Streets including a pedestrian crossing at 20th and Range Line. District 7 is proceeding with a cost-share project with the city of Adrian to redo a two-block section of Highway 18 (Main Street) that includes improved crosswalks.

District 7 staff has been coordinating with local area bicycling interests to establish a new route for the Trans-America Trail. The proposed new route directs cyclists through Stockton State Park, Golden City, and Lamar and near Prairie State Park before heading into Kansas.

Department of Tourism – The Missouri Division of Tourism continues its efforts to promote bicycling and walking in Missouri. The 2006 Missouri Tourism Photography Contest Grand Prize Winner was an image of bike racers in the Soulard Criterium, taken by Burt Remis of St. Louis. It is featured on page 17 of the 2006 Missouri Vacation Planner. Also, MDT has outdoor links to biking and hiking trail resources on its Web site. MDT posts itineraries to the MRCUSA.com Web site welcoming submissions of biking itineraries. If you would like to submit an itinerary for a themed bicycle itinerary, please contact Debra Lee at debra.lee@ded.mo.gov. See ... www.visitmo.com.

Ozark Transportation Organization - The Board of Directors of the OTO has approved the Comprehensive OTO Area Bicycle/Pedestrian Plan that was developed last fall. As a result of this progress,

the OTO has now formed a Bicycle Pedestrian Advisory Committee to implement recommendations contained within this plan. This is the first comprehensive plan to address BP issues for the OTO. The committee will meet bi-monthly. Focus of the committee will be on connectivity of the BP transportation system and getting a SR2S initiative up and running. Additional bike-route signage and street-lane marking for bicyclists continue by the city of Springfield Department of Public Works. The Greene County Highway Department remains supportive of assisting the local bike advocacy committee with the placement of Share the Road signs where appropriate and as funding permits. See ... <http://www.ozarkstransportation.org/>.

Ozark Greenways - 350 trail supporters attended the official grand opening of the Frisco Highline Trail last September. This is the second longest rail-trail in Missouri – connecting Springfield and Bolivar – for a total of 35 miles. John Robinson, director of Missouri Division of Tourism, was the keynote guest at the dedication. Ozark Greenways (OG) has requested that MoDOT consider the possibilities of signing Highway 13 with Share the Road signs to promote this route as a connection between Bolivar (on the Frisco Highline Trail) and Clinton (on the Katy Trail). Ozark Greenways and the Springfield Greene County Park Board completed 5.7 miles of new trail in 2005, creating a 58-mile network of linear parks.

OG partnered with the Discovery Center in August for a Moonlight Bike Ride attracting 300 riders. Two local League of American Bicyclists instructors, Coy Hart and David Hutchison, successfully trained 24 individuals in the **LAB Road I** course last year. Twelve of the participants were staff members of the Springfield Greene County Park Board's SPARK (School Park) program. The SPARK staff has interest in implementing bicycle training and education into its school/park program.

Trailnet - Trailnet has been involved in implementing East-West Gateway's recently adopted Regional Bicycling and Walking Transportation plan. Trailnet and its partners are creating a bike/walk facility plan that includes education and marketing efforts. The educational component will consist of Mandy Brady taking the lead to help to create a Safe Routes to School (SRTS) program and encouraging bike/ped for transportation. The marketing aspect seeks to raise awareness of facilities and bike/ped as viable transportation modes.

The 2006 Calendar of Rides with 26 weekend rides including interpretive tours for beginners and families to grow cycling is available. There are five free weeknight rides throughout the season. Trailnet hopes to build on its rider ship of over 12,000 and an average of 600 riders per ride last year.

For the sixth year, Trailnet will be challenging the St. Louis region to use bikes as transportation during National Bike Month. Take the "Drive Your Bike Challenge" by using a bike instead of a car during the month of May. Anything from running an errand to dropping off a video or supplementing a commute with MetroBus or MetroLink to abandoning a car completely. At the end of May, visit <http://www.trailnet.org/> to enter the drawing to win one of two bikes donated by Sunset Cyclery (one men's and one women's). During National Bike to Work Day, be sure to refuel your engine at one of three Companion Baking Refueling Stations. Rub elbows with fellow cyclists, meet local dignitaries and perhaps get in on the media coverage. If you're hesitant to start commuting or just have a lingering question, ask one of the bike mentors for sage advice at <http://www.trailnet.org/>.

Pednet Coalition - During the last three months, the Walking School Bus program in Columbia was expanded and 700 children participated in International Walk-to-School Day, a detailed communication plan for a social marketing campaign was created; \$3.5 million of public funding was approved by voters for sidewalk projects about half of which is designated for school routes, and a proposal for the design of Columbia's \$25 million federally funded bicycle/pedestrian network was developed.

A total of nine Walking School Bus (WSB) teams took part in the fall program, several of them continuing after the official end of the program on October 31 into November and even December. With the

appointment of Margy Tonnies as the new WSB coordinator, the hope is to provide trained community volunteers to lead more WSB routes in addition to those that have been organized by parents. The new program will be offered at Grant, Russell, Ridgeway and West Boulevard Elementary Schools and possibly Fairview and Lee. A WSB exhibit is being designed for the YouZeum, to promote participation in the program.

About 450 children (out of the 1,100 who registered) achieved the "Passport to Fitness Challenge" by engaging in at least 240 minutes of physical activity per week for the month of October. The program will continue through the summer, and there was another prize month in March. Mayor's Council on Physical Fitness and Health members are currently recruiting new schools to join the 11 that participated in the fall.

The Rails to Trails Conservancy and Federal Highway Administration (FHWA) invited Mayor Hindman, Public Works Director John Glascock, Planning Director Tim Teddy, Missouri Bicycle/Pedestrian Coordinator Caryn Giarratano, Brad McMahon of the FHWA Divisional Office and Ian Thomas from PedNet to attend a summit last December with representatives of the other three pilot program communities - Minneapolis, Sheboygan County, WI, and Marin County, CA.

Columbia's share of the funding (\$25 million) will be available early in 2006. This earmark requires the building of "sidewalks, bicycle lanes and pedestrian and bicycle trails that connect directly with transit stations, schools, businesses, recreation areas and other community activity centers. PedNet has developed a "Hub, Spoke and Wheel" proposal (see <http://www.pednet.org/>) and a plan for identifying specific engineering solutions to connectivity barriers. Policy Coordinator Fred Schmidt will oversee a grassroots research effort in which several teams of PedNet advocates will study a selected "spokes," take photographs and write recommendations on how to provide the best possible bike/ped/wheelchair access.

Mid-America Running Association - The Mid-America Running Association (MARA) manages the MARA Grand Prix race series, and provides many services for Kansas City area events, including providing results using the ChampionChip® system, renting equipment, providing volunteers and publishing race results. MARA (<http://www.mararunning.org/>) also publishes a bi-monthly magazine called *Masterpieces* for its members.

Kansas City Track Club - The Kansas City Track Club (<http://www.kctrack.com/>) is an adult road running club that provides finish line services (mark the course, time the runners, post the results) for 30 races each year plus organizes social runs on Monday and Wednesday evenings. The club is also active in trail running and ultra running. The mission is to support and encourage runners in the greater Kansas City area by organizing quality events to promote the competitive, recreational and social aspects of running.

NATIONAL NEWS

Ride of Silence - Bicyclists take to the roads in a silent procession to honor cyclists who have been killed or injured while bicycling on public roadways. Although bicyclists have a legal right to share the road with motorists, the public often isn't aware of these rights and sometimes not aware of the cyclists themselves. See ... <http://www.rideofsilence.org/main.php>.

OTHER NEWS

More Roads = More Congestion - The evidence is clear that expanding roadway and parking capacity only exacerbates the congestion problem. See ... <http://tinyurl.com/p3ej7>.

Riding Route 66 – Buddy Boren is planning his fifth long-distance bike ride, this time on Route 66 for the Lance Armstrong Foundation. His start point is Chicago on July 8. He plans to ride to St. Louis on July 13

and stop in Sullivan. Other stops include St. Robert (14th), Springfield (15th) and Joplin (16th). Track his progress or join his ride. See ... Cycletravler@aol.com or <http://www.tourderoute66.com>.

DNR Is Accepting Trail Applications - The Recreational Trails Program is funded through the Federal Highway Administration as part of the Safe, Accountable, Flexible, Efficient Transportation Equity Act: A Legacy for Users (SAFETEA-LU). A minimum of \$900,000 is expected in this cycle. Contact the Department of Natural Resources, Division of State Parks, Grants Management Section, 1659 E Elm St, Jefferson City, MO 65101, 573-751-0848, www.mostateparks.com/grantinfo.htm. See ... www.dnr.mo.gov/newsrel.

INTERESTING WEB SITES

Google Map Pedometer - This is a tool that allows people to plot and calculate the distance of their own walking routes. There is also a calorie converter to calculate how many calories are burned on a walk. See ... <http://tinyurl.com/9tx7t>.

Great River Road - The National Scenic and Historic Highway, known as the Great River Road, is one of the oldest, longest and most unique scenic byways in North America. The 4,800-kilometer road stretches continuously from Canada to the Gulf of Mexico — from near the headwaters of the mighty Mississippi River in Minnesota and crisscrossing the river through 10 states. Celebrating its 60th birthday this year, the Great River Road still offers respite to millions each year for a day's drive or for an extended vacation. See ... <http://www.tfhr.gov/pubrds/novdec98/great.htm>.

Hazards of Inactivity - You often hear the advice, "Be sure to get permission from your doctor before you begin an exercise program," but how often do you hear, "Talk to your doctor before becoming sedentary"? See ... www.pednet.org.

SOURCES OF INFORMATION

Adventure Cycling ... <http://www.adventurecycling.org>
American Pedestrian and Bicycle Professionals ... <http://www.apbp.org/>
Bikes Belong Coalition ... <http://www.bikesbelong.org>
BPC Contact Info ... http://www.bikewalk.org/contacts_links/state_bikeped_coord.htm
Channing-Bete Company ... www.channing-bete.com
Columbia PedNet Coalition ... <http://www.pednet.org>
Complete the Streets ... www.completestreets.org
Institute of Transportation Engineers ... <http://www.ite.org/>
League of American Bicyclists ... <http://www.bikeleague.org>, bill@bikeleague.org
MRT Listserv ... <http://groups.yahoo.com/group/mississippirivertrail/> and <http://mississippirivertrail.org>
Missouri Bicycle Federation ... www.mobikefed.org, brent@brenthugh.com
National Center for Bicycling & Walking ... <http://www.bikewalk.org>, info@bikewalk.org
Rails to Trails Conservancy ... <http://www.railtrails.org/>, membership@railtrails.org
Traffic Safety Center ... <http://www.tsc.berkeley.edu/>
Transportation Research Board ... <http://www.trb.org>, rhouston@nas.edu
Victoria Transport Policy Institute ... litman@vtpi.org, <http://www.vtpi.org>

CALENDAR

May 7: Bike, Walk, and Wheel Week will take place between May 6-13 with Senator Chuck Graham as the honorary chairman. See ... www.pednet.org.

May 9-11: Thunderhead Training, Washington, D.C. See ... <http://www.thunderheadalliance.org>.

May 15-19: Bike to Work/School Week.

May 19: Bike to Work/School Day. See ... <http://www.bikeleague.org/programs/bikemonth/>

May 17: Ride of Silence at 7 p.m. to honor bicyclists killed or injured while riding on the road. See ... www.rideofsilence.org.

September 5-8: ProWalk/ProBike, the 14th International Conference on Bicycling and Walking in Madison, WI. See ... <http://www.mononaterrace.com/>.

Please forward this newsletter to anyone you feel may be interested. If you are not on the mailing list and would like to be added, please tell me!

Tailwinds, Caryn

Caryn Giarratano, Ph.D.

MoDOT Transportation Planning Coordinator

Bicycle and Pedestrian Program/Scenic Byways

573-522-9297, caryn.giarratano@modot.mo.gov

P.O.Box 270, Jefferson City, MO 65102-0270, 573-526-8052 (fax)

www.modot.mo.gov/othertransportation/bike_ped/Bikepedprogramintro.htm

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